



# thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

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## Life inside a MILITARY FAMILY

*Deployments, distance develop resilience within a military-affiliated family*

BY LEAH HILL  
THE COLLEGIAN

A jar of Skittles became part of the Healey sisters' bedtime routine about three years ago. Each night, Jazlyn, then 8, and Juliana, then 4, would each reach into their jars and take out one Skittle to eat. Each eaten Skittle brought them another day closer to their father's return.

"By the time this jar's empty, I'll be home," Sgt. Jason Healey had told his two daughters.

He had filled each of their jars with 365 Skittles right before he began his yearlong deployment to Afghanistan for Operation Enduring Freedom.

### Deployments, military life

The life inside a military family is one filled with bravery, sacrifice and independence. The Healey family shared their experience, which is the hallmark for each of these qualities, and much more. The family of four has experienced several relocations, two deployments and has forged strong bonds with one another despite the distance.

"We try to set goals for each other while we're away," Jessica Healey, wife of Jason and mother of Jazlyn and Juliana, said. "As the girls get older, we'll try to bring them more into



HANNAH HUNSINGER | THE COLLEGIAN  
Sgt. Jason Healey and his wife Jessica Healey pose with their daughter Jazlyn, 11, and Juliana, 7 on post at Fort Riley. The Healey family transferred back to the states from Germany three years ago and have endured two deployments for Jason.

that."

Deployments are a staple in the life of most military families. According to the 2013 Economic Impact Summary from Fort Riley, there are

18,176 military soldiers and more than 24,000 family members associated with the base. Fort Riley has deployed 82,255 soldiers to Iraq, Afghanistan and the Horn of Africa since 2003.

Deployments are a transition for the whole family. However, life continues with new demands once a family member is deployed.

"When a service member leaves,

the parent that's left is mom or dad," Debra Skidmore, former public affairs official for Fort Riley and instructor of public relations, said.

Skidmore worked 30 years on various military bases and saw many families experience deployment.

The parent at home typically takes on the responsibilities of running errands for the kids, helping with homework and maintaining the home. Sometimes they have a job, too, Skidmore said.

"Twelve months seems like forever until you're like, 'Oh, well, I'm trying to get a bachelor's degree,'" Jessica Healey said. "Suddenly, it's like 'I can't get all that done in this amount of time.'"

For the Healeys, setting goals and establishing communication plans were ways to make it through the duration of Jason's deployments.

"We talked as much as possible," Jason Healey said. "They let me know how things were going back home, and I'd tell them how things were going where I was at."

The girls sent letters, drawings and cookies in care packages. His daughters drew him lots of pictures, which he would hang up on display, he said.

CONTINUED ON PAGE 4, "FAMILY"

## Suspect in custody after gas station shooting, investigation continues



PARKER ROBB | THE COLLEGIAN

One person was injured and airlifted to the hospital following a shooting that occurred around 1 p.m. Wednesday at the Hop-n-Skip service station on the southwest corner of the intersection of Tuttle Creek Boulevard and Kimbal Avenue.

BY JON PARTON  
THE COLLEGIAN

The shooting occurred a little after 1 p.m. Wednesday at the Hop-N-Skip convenience store and Conoco gas station at 2233 Tuttle Creek Blvd. A few hours after the shooting, the Riley County Police Department announced it had a suspect in custody.

Police said only one person was shot and that the in-

cident was an isolated event. In an interview with radio station KMAN-AM, Greg Hoyt, Manhattan High School principal, said the school's campuses were on "lockout" for approximately 20 minutes due to a request made by RCPD.

Authorities have not released any details concerning the shooting or the identities of the suspect and victim. Mat Droge, public information officer for RCPD, did say the suspect was in custody but

not under arrest, according to the Topeka Capital-Journal. According to Droge, the shooting occurred outside the convenience store.

The shooting victim was taken to Mercy Regional in a private vehicle for treatment of a gunshot wound. The victim was then airlifted to another hospital for further treatment. Police did not say if there were any other suspects in the incident. Detectives are still investigating the matter.

## Affects, effects of eating disorders impact wide spectrum of individuals

BY KAITLYN DEWELL  
THE COLLEGIAN

When the term "eating disorder" is brought up in conversation, people often assume it's a strictly female issue, and one which deals specifically with excessive weight loss. But that isn't always true.

According to the National Eating Disorders Association, an eating disorder is defined as a condition which includes extreme emotions, attitudes and behaviors surrounding weight and food issues that can have life-threatening consequences for both men and women. While anorexia nervosa and bulimia are more commonly known eating disorders, they are actually not the most commonly diagnosed.

"Binge eating disorder is the most common eating disorder in the U.S.," said Dianna Schalles, dietitian specialist at Lafene Health Center. "It's characterized by several behavior and emotional signs, such as re-occurring episodes of binge eating, feeling out of control while binge eating, and feel-

ing guilty or ashamed as a result."

Schalles said about 30-40 percent of obese clients who seek weight loss treatment suffer from binge eating disorder. She also said that, while statistics at K-State for binge eating tend to echo the national trends, many never seek help for the issue.

"A lot of them never come forward because they're seeking that natural weight loss our culture recommends," she said. "We need to address the problem instead of throwing a diet at it. For people who have binge eating disorder, dieting can actually interfere with recovery and can even contribute to the development of the disorder."

### Whole body approach

For those suffering from binge eating disorder, professionals tend to recommend a multi-faceted approach to assist recovery, since eating disorders are both psychological and physical.

Katie Tolle, psychologist for K-State Counseling Services, said, generally speaking, it's best to have

a team consisting of a therapist, a dietitian and a physician to cover all the bases. However, because eating disorders are unique to each individual, the treatment should be tailored to address specific needs.

"Eating disorders can compromise your physical body, so it doesn't make a lot of sense to talk therapy if your major organs are shutting down," Tolle said. "You need to make sure the person receiving treatment is stable enough to receive it. Unfortunately, their perception is usually very much skewed, so a dietitian is there to help develop eating plans and discover what healthy eating truly looks like."

The therapy portion, Tolle said, is there to treat the underlying causes of the disorder.

"Trauma can be an underlying factor, as well as emotional regulation," she said. "Many of these people have learned to regulate their emotions through food, so the therapist works to stabilize that without using food."

CONTINUED ON PAGE 6, "EATING"

### INSIDE

### SOCIAL MEDIA

### WEATHER



3 Our sports writers debate the Chief's draft prospects



Friday's edition of The Collegian features finals week tips, squirrels

### Fact of the Day

Netflix was created by Reed Hastings after he racked up \$40 in late fees for an overdue VHS tape.



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 41 Crazed

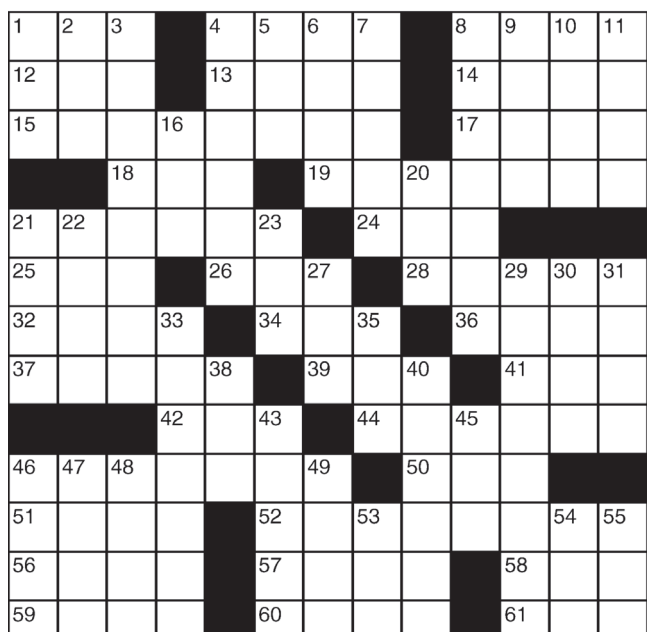
**DOWN**

42 Arrest  
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 46 Shipment from Florida  
 50 Everyone  
 51 On the qui —  
 52 Overacts  
 56 Walkman descendant  
 57 Touch  
 58 Inseparable  
 59 Say it isn't so  
 60 Bad hair-pieces  
 61 Present

**Solution time: 25 mins.**

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**Yesterday's answer 5-8**



## The Weekly Planner

**Thursday, May 8**

**Michele Munson:**  
**A Decade of Aspera**  
 Town Hall,  
 Leadership Studies  
 Building  
 10:30 a.m. to noon

**Grad Bash**  
 Johnson Terrace,  
 K-State Alumni Center  
 4-6 p.m.

**A Recital of Theatrical Proportions**  
 UMB Theater,  
 Beach Museum of Art,  
 7-8 p.m.

**Friday, May 9**

**UPC Film:**  
**"The Awkward Moment"**  
 Little Theatre,  
 K-State Student Union  
 8 p.m.

**K-State After Hours:**  
**Go Bananas! Monkey around Before Finals**  
 Bosco Student Plaza  
 8-11 p.m.

**Saturday, May 10**

**Baseball: K-State vs Oklahoma State**  
**Bark in the Park**  
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 2 p.m.

**Bates Dance Studios presents "Dance Shine"**  
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## For the Win | By Parker Wilhelm



## the FOURUM

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by The Collegian marketing staff.

Turn down for what?! Seriously someone tell me.

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## "A Decade of Aspera: My Story of Creating a New Technology Company and What (If Anything) Mattered About Being a Woman"

Michelle Munson  
 K-State alumna (1996 Electrical Engineering and Physics)



**Leadership Studies Town Hall**  
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Munson, President and CEO of Aspera, will trace the journey that began on her family's farm near Junction City, Kansas and led her to become a computer industry entrepreneur. Her talk will interest all audiences, including those without an engineering or science background. Munson and Serban Simu co-founded Aspera in 2004 and developed Aspera's *fasp*™ transport technology used by iTunes, BBC, Netflix, Amazon, Hulu, and Hollywood film companies to move large video files hundreds of times faster than other methods. The technology won an 2014 Engineering Emmy for transforming the digital media industry. Before founding Aspera, Munson was a software engineer in research and start-up companies including the IBM Almaden Research center. She was a Goldwater Scholar for achievement in Science and Mathematics, and a Fulbright Scholar at Cambridge University where she received a postgraduate Diploma in Computer Science.



## HEAD 2 HEAD

## Chiefs in need of dynamic quarterback, should jump for chance at one in draft

DAVID EMBERS  
THE COLLEGIAN

The blueprint for winning Super Bowls is not a secret. You either have an elite quarterback, or a historically great defense. As of right now, the Kansas City Chiefs have neither. If winning the wildcard and (maybe) competing in a playoff game is the ultimate goal, then the Chief's general manager John Dorsey has put together the perfect squad. If settling for slightly above average is what Kansas City sports fans are all about, then the Chiefs should draft a wide receiver and be content with second in the AFC West. I'm not at all satisfied with that result. I might be in the minority, but I think the Chiefs need a quarterback, and they need one now.

The word I like to use when discussing Chiefs quarterback Alex Smith is "serviceable." Smith will never win you a playoff game. His impact is limited, but he does a good job of making sure someone else on the Chiefs ruins my Sunday. Smith likely won't throw for 350 yards and four touchdowns, but he also won't throw three interceptions. He is slightly above average.

Johnny Manziel, Blake Bortles and Teddy Bridgewater likely won't fall to the Chiefs at pick No. 23. That leaves them with two options: they can

either trade picks or players to move up in the draft order to get one of those players, or they can take a flyer on an unheralded prospect (see Brady, Tom). I'm fine with either option, but to stand idle and continue to draft "pieces" when the cornerstone of a winning franchise is still missing, is just ridiculous. Jamaal Charles is great, but no running back has carried his team to a Super Bowl victory since ... ever, so don't buy into that mumbo jumbo.

Since 2000, the Chiefs have selected two quarterbacks in the draft. In 2006, KC selected Brodie Croyle in the third round. In 2011, the Chiefs selected Ricky Stanzi in the fifth round. In those 14 seasons, the Chiefs have won a whopping zero playoff games. The organization has never fully committed to drafting a quarterback in the first or second round, which has translated to over a decade of (again) slightly above average football.

This draft class does not have an Andrew Luck. There is no Peyton Manning or Cam Newton. I fully understand being apprehensive about moving "all in" on a quarterback prospect that isn't a guarantee like Luck, Manning or Newton. However, a gamble is necessary in this situation if winning the Super Bowl is your goal.

In 2011 the Atlanta Falcons gave up two first round picks, a second round pick, a fourth and a seventh round pick in order to move up and get Julio Jones. The Chiefs must do something similar to get a top tier quarterback prospect. Trade three or four of your marquee players and make a splash with Johnny Manziel. Do something. Anything!

If the Chiefs fail to take a



quarterback in the early rounds of this draft, we will simply continue our trend that started in 1993, when Kansas City last won a playoff game. The Chiefs will be good, but not great. They will be slightly above average.

David Embers is a junior in biology. Please send comments to [sports@kstatecollegian.com](mailto:sports@kstatecollegian.com).

## Drafting first-round quarterback an unnecessary gamble for Chiefs

AUSTIN EARL  
THE COLLEGIAN

Just one year after trading two second round picks for quarterback Alex Smith, the Kansas City Chiefs are reportedly interested in drafting a quarterback in the first round of the draft.

According to Ian Rapoport of NFL.com, contract negotiations between the Chiefs and Smith are not progressing

Even the biggest Smith fan will confess that he is not an elite player, but the Chiefs have a stable option with him at the helm. Now, Smith will be in his second playing under head coach Andy Reid, who has a track record of getting the most out of his quarterbacks. Smith showed great improvement in his second year under coach Jim Harbaugh when he was with the San Francisco 49ers.

At worst, Smith is just an average to above-average quarterback. But, will anyone in this year's draft be better than that? Blake Bortles and Johnny Manziel are the two highest rated quarterbacks in 2014, but many have them going in the top 10 picks. After that, there are a bunch of players that have a chance at being good, but could also be complete flops.

Teddy Bridgewater and Derek Carr have undeniable talent, but they also have warts that are making them fall down draft boards. Bridgewater's accuracy and durability are a serious question mark. Carr, the younger brother of former number overall pick David Carr, played in a spread offense in college and often rushes his decisions while under pressure.

Most likely, if a quarterback fell to the Chiefs and they took him, that player would sit behind Smith for at least this season and possibly longer. Only when Smith's contract is up at the end of the 2014 season would the drafted player take the reigns.

Meanwhile, Kansas City has other holes to fill in the draft if they want to have a decent 2014 season. They do not have a legitimate No. 2 wide receiver and have questions at guard, safety and linebacker. The Chiefs can fill one of those voids in the first round. Giving Smith someone to throw to, instead of assigning him an as understudy, is how this team can improve.

The Chiefs can get the most out of their current situation by re-signing Smith. It will take some of the team's limited cap space to keep the quarterback, but it will be worth it. Smith is the most steady hand that has guided the offense since the days of former Pro Bowler Trent Green. Letting a proven player walk for the possibility of developing a prospect is asinine. Smith may not be the best quarterback in the NFL, but he's currently the best possible option for Kansas City, and a pretty good one at that.

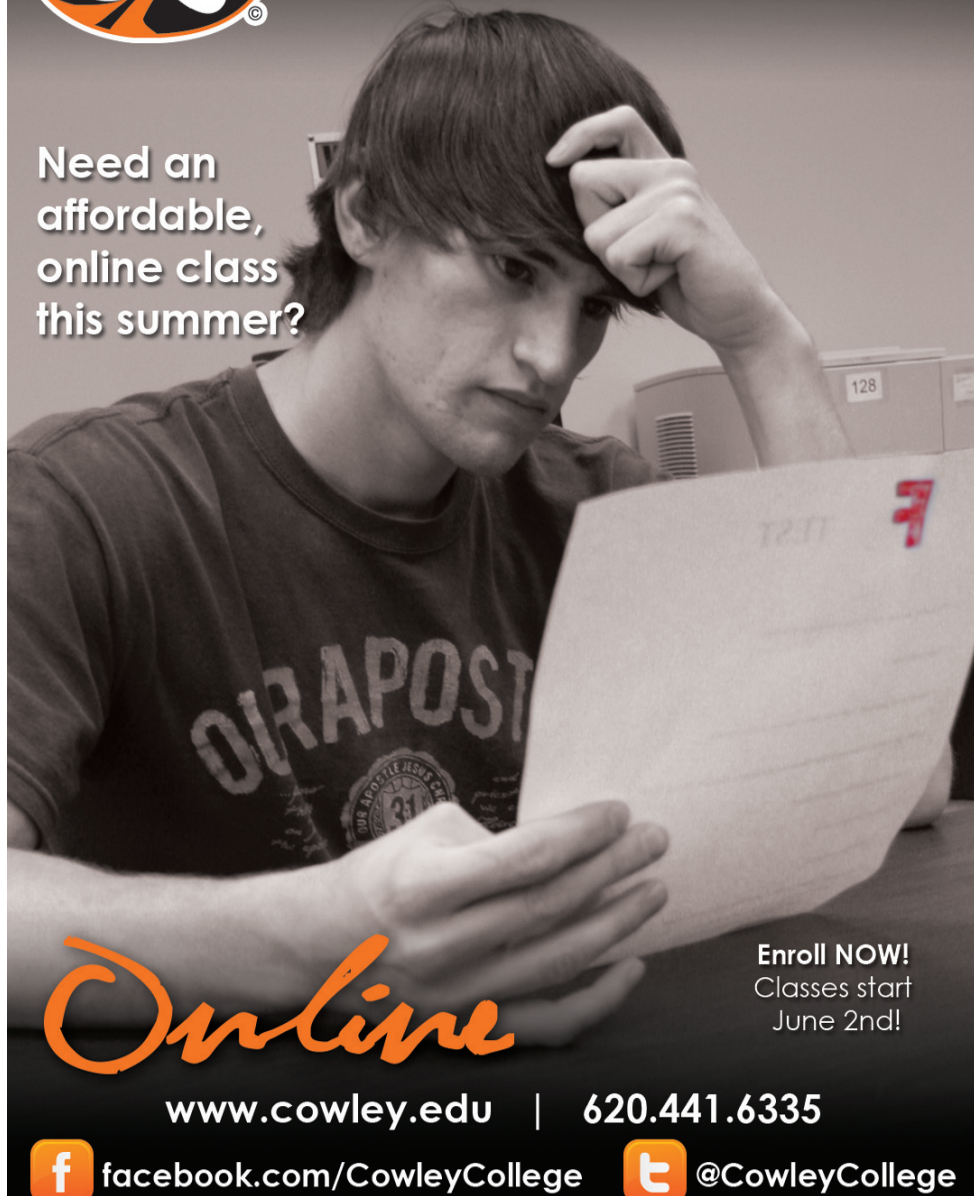
Austin Earl is a freshman in pre-journalism. Please send comments to [sports@kstatecollegian.com](mailto:sports@kstatecollegian.com).

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# FAMILY | Family atmosphere, sacrifice strong within military-family communities

CONTINUED FROM PAGE 1

## Relocation, moving

The girls were five and two years old when Jason Healey left for his first deployment. At that time, the family was stationed in Germany. Then he was to sent to Iraq.

“(Germany is) where Juliana considers home,” Jessica Healey said. “She doesn’t remember anything before that. When we came back stateside, she asked where all the castles were.”

Growing up where castles are only a short drive away was one of the perks of living in Germany. The Neuschwanstein castle, better known as the castle Walt Disney modeled Cinderella’s lavish living space after, was only minutes away from the Healeys’ home.

The girls learned German in their schools and were able to help their parents embrace the new language, too.

“We taught you how to say ‘yes’ and ‘no,’” Jazlyn Healey said, with a smile.

Jason said Jazlyn spoke German better than anyone else in the family when they were

stationed there.

Each of the Healeys has fond memories of living abroad and are excited at the possibility of living in other places, such as Japan, England or returning to Germany.

The time spent abroad helped instill within them how important friends and family were.

“For the most part, when we went to Germany, we didn’t know anybody so we had to depend on each other,” Jason Healey said.

Jessica said she and her daughters had to help teach Jason the cultural differences he faced when he came back from deployment.

“We’re very independent,” Jessica Healey said. “I mean, he came home, and we taught him. ‘This is you how to drive, and this is where the stores are, and this is how we do things.’ With Germans, it’s very different. You have the Army layer, then you have the Germany layer, too.”

## Adaptability, military culture

If there’s one thing this family has learned, it’s the les-

son of adaptability. From moving to a new country to dealing with deployments, they have developed incredible resilience.

“Especially with him leaving and coming back,” Jessica Healey said. “We are all very independent. I depend on the girls to do a lot of things that some other kids might not have to. Because some people’s grandmas are there to take over, like when I’m sick; there’s no grandma to come help, so they learned early. That they had to pitch in and help.”

Adjusting to the absence of a husband and father was challenging.

“He went to war, I didn’t,” Jessica Healey said. “That all happened in the same place for me, so it was a harder adjustment for me than him at first, I think.”

However, the ladies of the Healey family found ways to adjust. They looked forward to the rest and recuperation the Army allowed following deployments and for block leave times. The chargeable leave program usually lasted two weeks.

“But when Dad’s home, time is precious, especially

with things like (rest and recuperation),” Jessica Healey said. “You know your time is limited, so there is no ‘hold on,’ ‘wait a second’ or ‘tomorrow.’ You don’t put anything off. But, when they come home, it’s more of a permanent wish.”

## Forging bonds in other families

Until the service member serving overseas returns home, building strong bonds with other families is an important for any military family.

“One of the coolest things that I found is families helping families, service members helping service members,” Skidmore said. “They become very much their family. They call it the Army family.”

Jessica recalled a family she and her daughters had gotten close to following Jason’s first deployment.

“We had met a couple toward his the end of his first deployment,” Jessica Healey said. “We were all very good friends. I threw her baby shower for her. When she went to the hospital, she couldn’t call (her husband) from the hospital, so I was the one trying to liaison him to the

hospital and go get him at the airport.”

They formed strong bonds with other families, which created a network of support.

“What you would do for family back home, you would do for your family here in the military,” Jessica Healey said.

## Service members, families sacrifice

Sacrifices come in many forms. Jessica said she knows with her family’s service in the military, it’s not likely she will be home when her own brother and his family have a child.

“There are so many times I have heard say that, ‘My spouse has missed ‘x’ number of birthdays of our children,” Skidmore said. “‘They’ve missed half of our anniversaries, so many times they miss Christmas and Thanksgiving ...’”

For civilians, people often assume other families are able to gather for holidays, but for many military families, they cannot.

“They’re very special people ... because their spouse is over fighting for us, and they’re still holding down the fort,”

Skidmore said.

## K-State, military-affiliated students

Bryon Williams, assistant director of the Office of Admissions, said he works regularly with military students and their families.

“That’s one of the positives about military-affiliated people – they are very well-traveled,” Williams said.

He helps military students adjust to campus life and acknowledges the breadth of their experiences.

“They’re cross-cultural,” Williams said. “There’s the military culture, but also wherever they are, you know. They’re only there two or three years. They see a lot of different sides of America, as well as a lot of different sides of the world.”

Life inside a military family, might be misunderstood by outsiders, but what people can learn from the Healeys is more than an array of experiences. Their journey is one of sacrifice, heroism and courage witnessed through each member of their family.

## Police investigations abound

By JON PARTON  
THE COLLEGIAN

### Vehicle collision sends woman to hospital

A Manhattan woman was sent to the hospital following a vehicle collision Friday near the intersection of N. Manhattan Avenue and Vattier Street. According to a Riley County Police report, Stephanie Pearson, 27, was in her 2006 Jeep Liberty when it was rear-ended by a 1999 Ford Expedition driven by Tracy French, 21, of Manhattan. Pearson was taken to Mercy Regional Health Center. Police are still investigating the incident and have issued no citations as of the time of the report.

### No arrests made yet in rape allegation

A 19-year-old woman reported being raped by two men she knew. Riley County Police filed the report last Friday afternoon. The victim indicated the two men had intercourse with her during different times at night while she was too intoxicated to consent. No arrests have been made as police are still investigating the incident.

### House party altercation injures man’s face

A fight at a house party left a Manhattan man injured Friday night. Michael Artis, 55, suffered significant injuries to his face, according to an RCPD report. Artis was taken to Mercy for treatment. Police are continuing their investigation of the fight and have not made any arrests.

### Knife threat on Linear Trail

A 28-year-old Manhattan man was threatened by an unknown white male while riding on Linear Trail Saturday evening. According to a police report, the victim was approached by a male with a small knife. The victim was not injured during the incident. Police are not releasing the identity of the victim and are still investigating the report.

### No arrests in home robbery

The victim of a home robbery on Saturday said she knew who did it, according to a police report. The 33-year-old woman reported that a male friend entered her home and at-

tempted to steal a purse worth approximately \$200. According to RCPD, the purse was recovered but no arrests have been made as the investigation into the incident continues.

### Man fails to report accident, receives \$15,000 bond

Police arrested a Manhattan man after he allegedly fled from the scene of an accident. According to a police report, Keith Wysong, 18, was driving a 1999 Chevy Silverado in the 2900 block of Pillsbury Drive when he got into a single vehicle collision. Adam Hollingsworth, 22, of Overland Park, was thrown from the vehicle during the incident. Hollingsworth was later taken to Mercy for his injuries. Police charged Wysong with aggravated battery, interfering with police and failing to report the accident. He was released from the Riley County Jail on \$15,000 bond.

### Rape victim knew alleged attacker

Police are investigating an incident of rape that occurred within Manhattan. The 48-year-old female victim knew her alleged attacker, a 63-year-old male. The report was filed Sunday afternoon and police are withholding further information due to the nature of the crime.

### Man arrested for marijuana

A Manhattan man was arrested near the intersection of Fourth Street and Fort Riley Boulevard Sunday night. According to a police report, Tyrell Scott, 21, was arrested for felony possession of marijuana. He was held at the Riley County Jail on \$6,000 bond.

### Felony theft includes several electronics

A home burglary was reported to RCPD Tuesday afternoon in the 700 block of Allison Avenue. Angel Davis-Jones, 40, of Manhattan, reported thieves stole several electronics valued at approximately \$2,630, including a laptop computer, two TVs, a laptop, DVD players, speakers and surround sound system. Retailer Rent-A-Center is also reported to be a victim in the burglary. No arrests have been made in this case. Police ask anyone with information to contact them or the Manhattan Riley County Crime Stoppers.

## FBI investigating death at Leavenworth penitentiary

By KAREN SARITA INGRAM  
THE COLLEGIAN

### Leavenworth inmate’s death under investigation

The FBI is investigating the death of a prison inmate as an apparent homicide. Jeremy Nemerov, 48, was found unresponsive in his housing unit at the U.S. Penitentiary in Leavenworth, Kansas on April 24 after being at the penitentiary for one day. Nemerov was transported to Saint Luke’s Hospital in Kansas City, Missouri, where he died on Monday.

According to the Leavenworth Times, an autopsy has not yet been conducted but his death is being investigated as a homicide.

Nemerov had been sentenced to 78 months in prison for conspiracy to process pseudoephedrine with intent to manufacture methamphetamine. He was expected to be released in December 2018.

### City plans workshops, meetings to discuss future of community

The City of Manhattan is hosting several

upcoming community workshops and meetings to discuss goals and ideas for the future of Manhattan. Two interactive workshops will be held next Wednesday from 6-8 p.m., at the Fire Station Headquarters, located at 2000 Dennison Ave., and at the Green Valley Community Center, located at 3770 Green Valley Road.

There will also be an abbreviated meeting next Thursday from 7:30-8:30 a.m. in City Hall’s City Commission Room, 1101 Poyntz Ave. All events are free and open to the public. For more information visit [manhattanarea2035.com](http://manhattanarea2035.com).

### Kansas concealed carry permits recognized in 36 states

The Kansas Attorney General’s office announced on Wednesday that two more states have agreed to recognize Kansas concealed carry permits, bringing the total number of states up to 36. Washington and Virginia are the two most recent states to allow Kansas permits.

More states have started accepting concealed carry permits from Kansas after Kan-

sas Legislature passed a law last year that allows out-of-state permits to be recognized in Kansas for permit holders who are traveling through the state temporarily. Many states have responded in kind since the law was passed. For a complete list of states that allow Kansas concealed carry permits visit [ag.ks.gov](http://ag.ks.gov).

### Cadence to perform this Friday

The campus a cappella group Cadence will be performing their 2014 spring concert this Friday at 8 p.m. in the All Faiths Chapel. The group will perform a variety of songs, including doo-wop and movie tunes. Tickets are \$5 and may be purchased at the door.

### Armed Forces Metal Show

Blackstone Tavern, located at 1344 Westloop Place, is hosting a metal show to honor members of the U.S. Armed Forces. Terror Tractor, Haunting Skies and Screams of Kroenen will be among the performers on May 17 beginning at 9 p.m. There is no cover charge and the event is open to anyone 21 and over.

## Cornelius Lucas, Ty Zimmerman are K-State’s best opportunities to continue NFL draft streak



JOHN ZETMEIR  
THE COLLEGIAN

The K-State Wildcats have the second longest streak in the Big 12 when it comes to having at least one player drafted into the NFL. That streak has a strong possibility of continuing. K-State’s hopes lie in the rather big hands of offensive tackle Cornelius Lucas.

During his two years as a starter for

the Wildcats, Lucas was responsible for protecting the blind side of Heisman trophy finalist Collin Klein and former junior college player of the year Jake Waters. Lucas was one of the few Wildcats to be invited to the NFL combine this spring, however he was hampered with a broken foot.

Despite not being able to fully workout for teams, the size of former All-Big 12 performer is something that jumps off of the page. Lucas was the tallest player at the NFL Combine and had the longest wingspan of any player as well, measuring in at 88 1/8 inches from middle finger to middle finger. According to many draft boards, Lucas is projected to be drafted in the later rounds.

However, Lucas is not the Wildcats only hope. Ball-hawking safety Ty Zimmerman could also hear his name called during this week. During his time at K-State, Zim-

merman sketched his name into the history books. As a four-year starter, Zimmerman was named an All-American multiple times during his time at K-State.

The Junction City native was a crucial part of the Wildcats 2012 Big 12 championship season in 2012. Zimmerman concluded his career with 13 total interceptions and 257 tackles.

Both Zimmerman and Lucas will likely end up at a team’s rookie camp later this summer, it will just depend on if they are selected in the draft or picked up as free agents. Last season the Wildcats saw three players get drafted, linebacker Arthur Brown Jr., wide receiver Chris Harper and fullback Braden Wilson.

John Zetmeir is a junior in journalism. Please send comments to [sports@kstatecollegian.com](mailto:sports@kstatecollegian.com).

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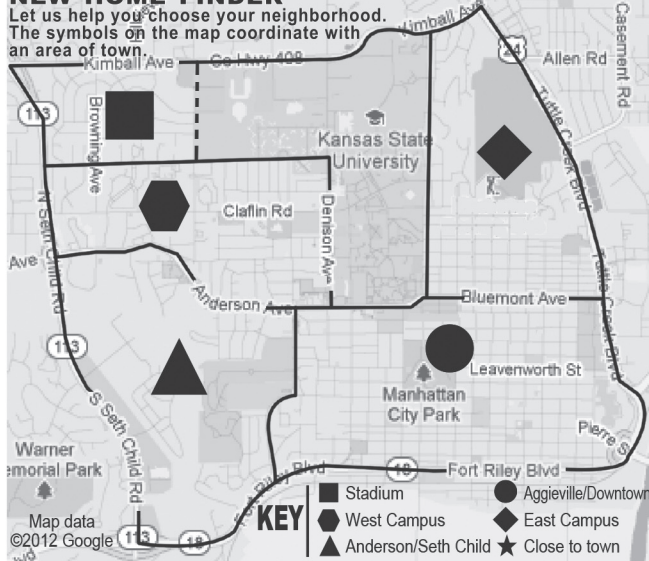
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- Stadium
- West Campus
- ▲ Anderson/Seth Child
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- ◆ East Campus
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### 310 Help Wanted

#### Help Wanted

Pool employees; Lifeguards; various summer seasonal jobs; 40-hour seasonal laborers; event staff; Junior Zookeeper Supervisor see: [www.cityofmnhk.com](http://www.cityofmnhk.com) and then "Jobs"

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COOK--JP'S Sports Grill, Jardine Market place, is accepting applications for line/ prep cooks to work 10-20 hours per week. The successful applicants will have a strong work ethic, be attentive to detail, uphold sanitation and cleanliness standards, participate as an active team environment and to work at a fast pace for several hours at a time. Apply online at <http://housing.k-state.edu/resources/employment/student-dining/index.html>. AA/EOE

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## Time management beneficial for reducing stress, test anxiety



JAKKI FORESTER  
THE COLLEGIAN

It's near the end of prep week, more commonly known as "dead week," and that means finals week begins in just about four days. Some will face excruciatingly early finals, while others might have to suffer at night. A small selection of lucky students won't even have to face any finals.

By next Friday evening, however, students will be able take a collective breath of fresh air and a sigh of relief, as the spring 2014 semester will be over. Until then, the stresses of preparing for

entire a semester's worth of material will continue to weigh down the majority of K-State's student population.

One thing students should consider as they continue to prepare for final examinations, projects or papers, is good time management. According to a 2000 study conducted by American Journal of Health Studies, there is a direct correlation between time management and perceived academic stress. While some students think taking a break from their studies will help them to feel less stressed, the study found that there is a weak correlation between academic stress and partaking in leisure activities. The study concluded that better time management behaviors warded off academic stress better than engaging in leisure activities.

This suggests that as students figure out how to feel less stressed about the end of this semester, they should focus on budgeting their time effectively. So, here are some ways students can effectively manage their time.

### 1. Set priorities

There is a distinction between important and urgent. According to a University of Georgia Cooperative Extension time management tool, students should focus on items that are important, rather than urgent. While most things seem both urgent and important at the end of the semester, find the distinction between the two. The workbook suggests that using this to focus on the important activities allows a greater sense of control and might reduce the number of important tasks that eventually become urgent.

### 2. Create to-do lists

Creating and sticking to a to-do list can benefit almost all students during this time of the year. According to a University of Kent article, there are many advantages to creating and keeping these lists. They can help students focus their minds on important objectives and can help reduce the likelihood of forgetting tasks and save time. To-do lists

are effective tools that students should utilize when many tasks need to be accomplished during finals week.

### 3. Practice effective study techniques

Practicing effective study techniques could include a wide variety of things. According to an article by San Jose State University, practicing effective study techniques include studying in an appropriate area for the student, splitting larger tasks into smaller and more manageable tasks, and being prepared to ask questions while studying. These all could be critical when studying for finals. Another suggestion was reading chapters for comprehension instead of simply skimming reading material. Re-reading content can also be effective for students who need repetition of content from their courses for their finals, especially cumulative finals.

### 4. Stop procrastinating

Procrastination is the down-

fall of many students. When students stop making excuses for not accomplishing tasks, they become more productive. According to a 2012 article from North Dakota State University, if tasks seem overwhelming or unpleasant, breaking them down into smaller tasks or implementing a self-reward system upon completing tasks can be effective. Incentives or rewards can be useful when one's finals week seems overwhelming.

There are a wide variety of ways students can manage their time; poor time management can lead to higher levels of stress or anxiety towards academics.

By setting priorities, keeping to-do lists, practicing effective study techniques, avoiding procrastination and having good time management, students can succeed during finals week.

Jakki Forester is a junior in journalism and American ethnic studies. Please send all comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

## EATING | Men under-diagnosed, -treated for eating disorders

CONTINUED FROM PAGE 1

### Men, women

Contrary to popular belief, eating disorders affect men just as much as they affect women. However, eating disorders in men go largely under-diagnosed and under-treated for a variety of reasons.

"One is that, as clinicians, we have our biases just like everybody else," Tolle said. "We might not be looking for it the same ways we do in women. But, men might also lack insight into the impact of their eating disorder or not realize they have one because they have the same biases."

Tolle said that often, people don't recognize eating disorders in men because there is a stereotype

that boys should eat a lot. However, all types of eating disorders are present in men.

Another reason why men don't seek treatment for these issues is because they are commonly portrayed as a "woman's disease" and, therefore, they may feel emasculated or ashamed in admitting that they're suffering from an eating disorder. However, Tolle said she believes that by decreasing the stigma attached to eating disorders as a society, we can encourage both men and women to seek the attention they need to begin recovering.

### Long road

Regardless of sex or disorder type, the road to recovery can be a

long, perilous one for those suffering from these issues. However, receiving the proper assistance is imperative to preventing more serious complications that can arise as a result of eating disorders. Binge eating is one which can cause a multitude of consequences.

"Binge eating disorder can lead to a lot of different health complications, such as diabetes, being overweight, high cholesterol and gall bladder disease," Amber Howells, instructor in hospitality management and dietetics, said. "There are just all kinds of things that can impact your health later on down the road. It can also lead to body image issues."

Howells said that while seeking help is the first step, the path to re-

covery is not an easy one.

"Like with all disorders, it's sort of a lifelong issue that you have to continually work on," she said. "I think you can be recovered from it, but most people probably feel like they're always in recovery. They're at high risk for relapses, and with any sort of behavioral change, that's common."

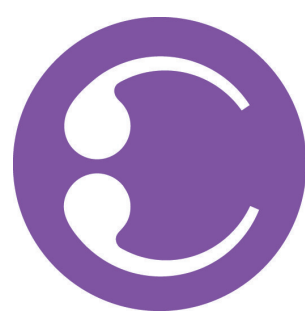
Even though those with eating disorders may experience obstacles on their way to rehabilitation, Howells said it's important to keep a positive attitude and not self-blame for mishaps along the way.

"They shouldn't view themselves as failures if there is a lapse," Howells said. "It's a very difficult issue to overcome."

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